

The Christian's Final Journey: Catholic Cemeteries and Crematoria and partner, the ACU Centre for Liturgy, are offering a one-day workshop on Catholic funerals on **13 February 2024**. It has been designed for all those interested in Catholic funerals including parishioners, clergy, Funeral Directors, Bereavement Teams, Pastoral Associates, Parish Secretaries and Family Faith Educators, and all school staff. Catholic practices around burial and cremation will be investigated as well as **preparation of a funeral (for future discussion with the funeral celebrant)** and how to support the grieving. It will be held at Club Ashfield, 1-11 Charlotte Street Ashfield NSW. Time: 9am-5pm (registration from 8.30am). Registration is essential by 7 February. Cost: \$60 (includes lunch and a workbook) (\$120 for Funeral Directors who will receive certification for 5 years.)

Enquiries: CentreforLiturgy@acu.edu.au or 02 9701 4751. For more information, and to register, go to www.acu.edu.au/centreforliturgy/pastoral-training

REVITALISING OUR PARISH

We are excited to announce that St. Benedict's Parish and Mission Centre is about to set out on a journey of renewal through Divine Renovation.

Divine Renovation is a Catholic ministry dedicated to parish renewal. It helps parishes come alive by providing tools and coaching needed to lead parishes from **maintenance to mission**.

In the Divine Renovation context 'maintenance to mission' means recognising that we don't have to live with decline being normal, and stepping off the treadmill and looking at ways we can improve things at St Benedict's, so that we can begin to see different results.

For more information about Divine Renovation see:

<https://divinerenovation.org>

Fr Rem and Fr Chris

ROSTER FOR THIS WEEKEND

3rd & 4th February 2024

	Sat 6 pm	Sun 9am
Welcomers	Louise Gaudry	Alma Burg
Readers	Robert Booth, Helen Bennett	Grace de Silva, Julie Douglas
Offertory	Volunteers	Social group
Eucharistic	Nhung	Julie Douglas
Flowers, Altar Clean	Margie Arvellino & Sue Neimanis	
Church Cleaners	Brad Hogno & Nhung Booth	
Visitation		
Sun 6pm Mass Readers	Daniel Brown, Emmanuel Caetano	

ROSTER FOR NEXT WEEKEND

10th & 11th February 2024

<u>1ST READING</u>	<u>2ND READING</u>	<u>GOSPEL</u>
	Sat 6 pm	Sun 9am
Welcomers	Louise Gaudry	Robert Henry
Readers	BA Daly, Louise Gaudry	Barry Murphy, Santhosh Jose
Offertory	BA Daly, Helen Bennett	Young family
Eucharistic Ministers	Sue Neimanis	Barry Murphy
Flowers, Altar Clean	Claudine Smith & Louise Gaudry	
Church Cleaners	Santhosh Jose	
Visitation		
Sun 6pm Mass Readers	Shalendra De Silva, Shenaya De Silva	

St Benedict's Catholic Church



In the care of the Missionaries of God's Love

Parish Team:

Parish Office Hours: Tues—Friday, 9am—12pm

Fr Rembert Fernando, MGL (Parish Priest)

Corner of Sturt Ave & Jerrabomberra Ave (PO Box 55)

Fr Chris Eaton, MGL (Mission Centre Director)

Narrabundah ACT 2604

Adrian Wellspring (Spiritual Direction & Personal Vocation)

Tel: +61 (02) 6295 7879/ Parish Office

Isabel Roberts (Parish Secretary)

Emergency Number: (02) 6239 6772

Website: cg.org.au/Narrabundah Email: Narrabundah@cg.org.au

Fifth Sunday of Ordinary Time 3rd & 4th February 2024

Reflection on Gospel

Today's Gospel completes a picture of Jesus' ministry: preaching, curing the sick, driving out demons, and then moving on to continue this work in another place. Mark's Gospel tells us that Jesus did this throughout Galilee.

Jesus' compassion and healing of the sick is a sign of the Kingdom of God. The Church continues to extend Christ's healing presence to others in its ministry to the sick. In the Sacrament of the Anointing of the Sick, the Church prays for spiritual and physical healing, forgiveness of sins, and comfort for those who are suffering from illness.

In today's Gospel we also notice the importance of prayer in Jesus' daily life. Jesus rose early in the morning, removed himself from the crowds, and went to a deserted place to pray. When the disciples found him, he told them that it was time to move on. We believe that in his prayers Jesus found guidance and direction from God. We also bring our decision-making to God in prayer, asking for his guidance and direction in our lives.



St Benedict's Social Group invites all parishioners to join them for morning tea in the Parish Centre on **Sunday (4th February) after the 9:00 am Mass**, as well as a coffee catchup at **Gryphon's in Griffith on Thursday (8th February) at 10:30 am**.

JAN - FEB 2024

INTRODUCTORY CPE COURSE

Are you interested in growing your capacity to be fully present to others by learning how to offer effective pastoral and spiritual care?

An Introductory Clinical Pastoral Education (CPE) course is being offered online using Zoom in January/February 2024. This short 40-hour course will comprise of 6 sessions and run from 9am to 3.30pm, commencing Mon 29, then Tues 30, Wed 31 January, then Mon 5, Tues 6 and Mon 12 Feb.

Applications close on Thursday January 25, 2024. For more information please contact Barbara Hall at barbarahall1909@gmail.com or phone: **0418 413 731**

February | Marriage Preparation Course

Upcoming Marriage Preparation courses for engaged couples: **FOCCUS** - Tues 13th Feb 5-9pm plus a private follow up session at CatholicCare. **Evenings for the Engaged** - Sat 10th & 17th Feb 9-3pm. **Engaged Encounter** - Sydney, Sat 24 & Sun 25. **SmartLoving** - online, 9 lessons, learn at your own pace when suits you. For more information contact marriage.preparation@cg.org.au To register go to www.marriagefamily.org.au **Enquiries:** Contact Lara Kirk on lara.kirk@cg.org.au or Helena Zobec on **0405 440 463**

First reading

Job 7: 1-4, 6-7

Job began to speak:

Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

Psalm 146 (147): 1-6 R. Praise the Lord who heals the broken-hearted.

Second reading

1 Corinthians 9: 16-19, 22-23

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me. So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak: I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings

Gospel Acclamation

Matthew 8: 17

Alleluia, alleluia!

He bore our sickness, and endured our suffering.

Alleluia!

Gospel

Mark 1: 29-39

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

NEEDS OF LAY CATHOLICS TODAY

What do adult lay Catholics need today to help them live a committed Catholic life amid the circumstances of modern society? To find out and to help improve their services to our Archdiocese, the Canberra Circle of The Catenians, an international association of lay Catholics, is conducting an Archdiocesan-wide online survey. Please help by completing this brief, anonymous, tick-box survey via this URL or QR code. Thank you.



<https://www.surveymonkey.com/r/CLTZGMW> Contact: Phil Murray, President, Canberra Catenians 0419 695 927 or phil13murray@gmail.com

CatholicCare Retirement Villas

CatholicCare currently has several vacancies at our retirement villas based in Aranda and Campbell. For further information on the vacant villas and to view the villas please contact Dominica McNamara, Retirement Villas Manager, on property.management@catholiccare.cg.org.au or on 6162 6100 to indicate your interest.

Young Catholic In Need of Accommodation

A young catholic professional woman is moving to Canberra for work and is looking for a flatshare/granny flat to reside. A room in Barton, Kingston, Griffith, Forrest or Campbell is preferable with a flexible budget of approximately \$280-\$340 (open to consideration). Contact Jacinta on 0468 496 033.

Vocations Dinner at Archbishop's House. Thursday 8 February at 6pm. For men interested in discerning a call to the Priesthood. A hearty meal provided with insightful discussions & prayer. To rsvp please contact vocations director Fr Emil emil.milat@cg.org.au 0414 523 036.

Donating to the parish

To deposit directly into the Parish account, please use the following details:

BSB: 062 786

Account number: 000014992

Please include your Planned Giving (envelope)

number in the reference if you have one, otherwise your surname and 'Donation'.

Please pray for the sick and deceased of the parish

Anniversaries: Rathesh Fernando, Ray Pasard, Catherine Cleary, Frank Fulop, Ronnie Van Belkom, Tom French, Agnes Calvert, Clare Connell, Pat Connors, Doris Flaherty, Maud Inch, Monica Knight, Mario Krajina, Leonard Legge-Wilkinson, Kenneth Lentell, Lorna Ludwig, Antonia Martin, Fred Martin, Ronald & Marilyn Molyneux, Marie Morgan, Joan Parker, Alice Smith, Stephanie Stoddard, Monica Thomas, Fr Richard Daly, Fr Bill Keating, Fr Francis Hartigan, Fr Thomas Hilly, Fr Joseph Keating.

Our Sick: Jindalee & Mt View residents, Tony Sealy, Tony Evans, Rose Mason, Clem Dick, Julia Brown, Mitchell White, Germaphi, Pat Atkins, Lorraine Davis, Mathew, Lyn Walker, Louis Pini, Anthony, Helen French, Flora Arias, Mark Ransom, Ben Melbourne, Pamela Brown, Anne Rosewarne; Carol Rees, Monica Boyton, Mary Smith, Colin Paley, Janice Paley, Caroline Evans, Gert Fletcher, Anna Pace, Barbara Parsons, Edwina Gundelach, Daniel Collins, Rita Smith, Andrea Bernabey, Gustavo Caceres.

Parish Office Hours

9am–12pm, Tuesday–Friday

Weekend Mass Times

Saturday: 6pm (Vigil)

Sunday: 9am; 6pm (*Charismatic Mass*);

Fourth Sunday of the Month: 6pm (*Youth Mass*)

Weekday Mass Times

Tuesday: 5.30pm; Wednesday: 12.30pm; Thursday: 5.30pm; Friday: 5.30pm (*Healing Mass*); Saturday 8.00am

Reconciliation

Friday following Healing Mass from 6.15pm-7pm; Saturday: 5pm-5:30pm or by appointment

Prayer of the Church

Saturday: 7.30am 3rd Friday Padre Pio: 5pm

Baptisms: During weekend Masses or by appointment. See parish website for booking information.

Weddings: by appointment

Anointing of the Sick

During the 5.30pm Mass on first Fridays 10.30am at Jindalee 1st Thursday of the month, 10.30am at Mt View 3rd Thursday of the month

Adoration of the Blessed Sacrament

Monday & Tuesday: 6am-10pm

Wednesday & Thursday: 1pm-10pm

Friday 6am to Saturday 8am

Vacant hours that urgently need filling:

Monday, Tuesday & Friday: 6-7am, 7-8am, 8-9am

Thursday: 7-8pm, 8-9pm, 9-10pm

Contact: Anne Sutherland (0413203901) or Parish office for more information.

Hearing Loop is located in the right center rows of the church. Please ensure your hearing aid is tuned to make the best use of this facility.